



Dealing with the **Everyday Pressures** *of Parenting*

- ♥ **Stop** ~ Take time out to calm down and reflect.
- ♥ **Go for a walk or run** - Work off your frustration through exercise.
- ♥ If someone can watch the children, **get away**. Go outside, go in another room, give yourself a little time alone.
- ♥ Turn negative energy into **something productive**. Clean house, do yard work, tackle some other job you've been putting off.
- ♥ **Tune out**. Turn on some music, watch television, or read a book until you are ready to deal with the problem.
- ♥ **Talk** with someone else about your feelings. Call a friend or help line.
- ♥ **Write** your feelings down on paper.

Don't let your anger build and build.
If your feelings don't go away, get help.

San Bernardino County Child Abuse Hotline:
1-800-827-8724